

# saltability<sup>®</sup>

When your heart chakra is open, you flow with love and compassion. You are quick to forgive, and you accept others and yourself. Share a gift from the heart — give this hand-carved Himalayan salt stone to yourself, as a reflection of your own self love, or to someone you love.

Formed from the earth's prime, original body of sea, this 100% pure Himalayan crystal salt nourishes the body with 84 naturally occurring minerals and salts. This salt was created when the Primal Sea, where scientists and scholars believe all life originated, was dried up by the energy of the sun.

[www.saltability.com](http://www.saltability.com)

## HIMALAYAN SALT STONE

**To nourish skin, drop into a warm bath and relax for 20 minutes.**

Or, after shower, wet stone (may use a natural oil, such as coconut) and glide over skin. Re-wet as needed. Allow salt to dry on skin.

**For cooling sensation,** freeze the stone and apply to areas of body as desired.

**For warming sensation,** warm stone and apply to body as desired. Warm in a 200° oven on a small baking sheet or in a pan over a burner. Caution: Stone will heat quickly on burner. When stone is warm (not hot), apply to the body. Be careful not to heat the stone too much to guard against burning.

When exposed to moisture, salt stones will reduce down or roughen. *If stones get rough, sand with sandpaper to smooth so they are not abrasive to skin.* If you have health conditions, please consult doctor before starting any new program.